



Healthy Happy Vegan Kitchen

By Kathy Patalsky

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Over 220 amazing vegan recipes from the the author behind the blog HealthyHappyLife.com

More and more people are going vegan, realizing that doing so can mean being healthier *and* happier. A diet free of animal products also means living a greener life and changing the world for the better—one plate at a time. Kathy Patalsky, creator of the popular vegan food blog Healthy.Happy.Life, read by millions, makes sure eating vegan is fun and delicious too. In *Healthy Happy Vegan Kitchen*, it's hard to believe that some of the flavor-packed recipes, like the Vegan Philly Cheese Sandwich and Ultra Creamy Cashew Veggie Pot Pie, are actually vegan. Along with the inventive recipes, the book also includes guides to help “veganize” your kitchen, cooking techniques for vegan staples, and wellness tips, making it the perfect book for both long-time vegans and newcomers alike.

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Healthy Happy Vegan Kitchen By Kathy Patalsky Bibliography

- Sales Rank: #382087 in eBooks
- Published on: 2015-04-28
- Released on: 2015-04-28
- Format: Kindle eBook

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Editorial Review

Review

“*Healthy Happy Vegan Kitchen* is one of my favorite cookbooks on my shelves. I dare you to read her recipes and not start pulling out the sticky notes to mark the ones you just have to make! (Hint: Start with the Maple Chili Bean–Stuffed Sweet Potato!) Kathy started out as my go-to resource for all information about veganism. She has turned into one of my all-time favorite recipe sources, vegan or not.”

—**Melissa d’Arabian**, Food Network star and best-selling author

“This is the new generation of vegan cooking! Long gone are the days when vegan food was considered boring or dull. Kathy’s vibrant vegan recipes will inspire even the biggest skeptic to try something new!”

—**Angela Liddon**, *New York Times* bestselling author of *The Oh She Glows Cookbook* and creator of the blog OhSheGlows.com

“Kathy’s cookbook is filled with so many brilliant and creative recipes that you truly forget it’s all vegan. So many things I want to make!”

—**Gina Homolka**, creator of Skinnytaste.com and best-selling author

“Finally, a book that makes vegan food as accessible as it is delicious. You can count on Kathy for recipes that are flavorful, hearty, and eminently doable, no matter how busy you are and no matter how much experience you have as a home cook. Best of all, Kathy’s recipes are profoundly nourishing—proof that you don’t have to choose between eating food that’s healthful and food that tastes amazing.”

—**Gena Hamshaw**, certified clinical nutritionist and author of *Choosing Raw*

About the Author

KATHY PATALSKY is the creator of the popular vegan food blog HealthyHappyLife.com and is the author of *365 Vegan Smoothies*. Her work has been featured in *Saveur*, *BuzzFeed*, *LATimes*, *Fox*, and *CNN*, on the cover of *VegNews*, and more.

Users Review

From reader reviews:

Tisha Betancourt:

As people who live in the modest era should be upgrade about what going on or info even knowledge to make all of them keep up with the era that is certainly always change and move forward. Some of you maybe will update themselves by reading through books. It is a good choice for yourself but the problems coming to you actually is you don't know what kind you should start with. This Healthy Happy Vegan Kitchen is our recommendation to help you keep up with the world. Why, because book serves what you want and need in this era.

Lana Spalding:

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Wilbert York:

The reason? Because this Healthy Happy Vegan Kitchen is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content within easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of gains than the other book include such as help improving your proficiency and your critical thinking technique. So , still want to postpone having that book? If I were you I will go to the guide store hurriedly.

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